

Calendar

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The cost is \$16 for members and \$18 for non-members. Call 851-9909.

CO-ED BOWLING

The Farmington Single Professionals will begin its co-ed bowling league with a meeting/night at 7:30 p.m. today, Oct. 12, at Drakeshire Lanes in Farmington. The meeting will be followed by three free games for league members.

CARDS & DINNER

Join the Farmington Single Professionals for cards and dinner at 7 p.m. Monday, Oct. 13, at the Maples of Novi Golf Course clubhouse on 14 Mile Rd. The cost is \$7 for members and \$8 for non-members.

SENIORS (55+)

LINE DANCING

Join in on the latest craze of Line Dancing at the Farmington Hills Senior Center. Classes are offered from 1:15-2:30 p.m. every Monday and Wednesday. Class fee is 50 cents for residents and \$1 for non-residents. Call 473-1830.

LIQUID LINE DANCING

New this Fall at the Farmington Hills Senior Adult Center is an in-pool exercise program. This five week class is held from 2-3 p.m. Tuesdays and Thursdays starting Oct. 21. Call 473-1830.

DISCOUNT SHOPPING

Join Susan Allison as she explores the world of discount shopping at 10 a.m. Tuesday, Oct. 14, at the Farmington Hills Senior Adult Center. The cost is \$2. Call 473-1830.

MEMORIES AND MORE

Share your recollections of the past with Memories and More. This senior group will meet from 10 a.m. until noon every Friday at the Farmington Hills Senior Center. Call 473-1830.

BALLROOM DANCING

At 1 p.m. every Friday, dance to live Big Band sounds from the '40s and '50s at the Farmington Hills Senior Center, also called the William Costick Center, 11 Mile and Middlebelt. Admission is \$2 and includes refreshments, which are served at 2 p.m. Call 473-1830.

WATER WALKING

Try Water Walking, an in-pool exercise program, from 2-3 p.m. Tuesdays and Thursdays at the Farmington Hills Senior Adult Center. The cost is \$1 for residents and \$2 for non-residents. Call 473-1830.

TAI CHI

New this year at the Farmington Hills Senior Center is Taiji Chuan, a series of movements, and Chi Gung, individual moves, two ancient methods used to improve mental and physical health, commonly known as Tai Chi. Wear loose comfortable clothing. The class meets at 9 a.m. every Tuesday and Thursday. The fee is \$2 for residents and \$3 for non-residents.

CLASSES

STRESS SURVIVAL

Learn how to manage the stress of daily living - how to clear the mind of fear, worry and guilt - while building self confidence. Class is held from 6:30-8 p.m. every Thursday at Botsford Family Services in Redford.

Each session is \$30. Call 537-1110.

DIABETES, OLDER ADULTS

Dr. George Leach, a Botsford endocrinologist, will discuss the risk factors for diabetes and the latest research and treatment from 1:30 - 3 p.m. Oct. 24 at the Heatherwood in Southfield. Call Kathy at 350-1777 to make reservations.

FINANCIAL INDEPENDENCE

Eldermed and Botsford Hospital will present financial and estate planning ideas and topics such as investment planning and new tax legislation. This free, two-part seminar is scheduled from 2-3:30 p.m. Thursday, Oct. 23 and Oct. 30, at The Botsford Inn in Farmington Hills. Call 442-8046 to register.

SUPPER BITTER

Children grades 5-8 can learn basic babysitting skills and CPR for infants and children from 9-9 p.m. Oct. 15 and 22 at Providence Medical Center in Farmington Hills.

LEISURE TIME CLASSES

Register now for Leisure Time Classes sponsored by Clarendonville Schools. New offerings include Tai Chi, Microsoft Word, Country Western Two-Step, plus favorites as Hunting Safety, Builders Licensing, Woodworking and Water Aerobics. Office hours are Monday through Friday, 8:30 a.m.-4 p.m. Call 473-8933.

DELTA PARENTING

Farmington Public Schools' DELTA Gifted Department will sponsor six-week sessions of parenting classes for highly able students and their families.

Classes run 7:30-9 p.m. Mondays, starting Nov. 10. Call 489-3359.

HEALTHY COOKING

Enjoy various healthy cooking demos throughout the month of September. The cost is \$6 per class and preregistration is required. Call Botsford Health Development Network at 477-6100 for scheduled times and topics.

NUTRITIONAL TUNE-UP

Need to get your diet in gear? How about a nutritional tune-up? Botsford Health Development Network in Novi provides consultations for individuals interested in a low-fat, low-cholesterol menu. Call 477-6100.

CLUBS

JAYCEES GENERAL MEETING

The Farmington Area Jaycees will hold a general membership meeting starting at 7 p.m. Oct. 14 at the Longene House in Farmington Hills.

NEIGHBORS CLUB

The Farmington Neighbors Club will meet at 11:30 a.m. Oct. 15 at Glen Oaks Country Club in

Farmington Hills. Joan Scully will give a presentation on the benefits of massage. Call Ben Engel at 474-3760 by Oct. 10 to make reservations.

N. FARMINGTON GARDEN CLUB

The North Farmington Garden Club will hold its monthly meeting at noon Oct. 14 at the Farmington Hills Library on 12 Mile Rd. For membership information call 553-2368.

UNIVERSITY WOMEN

The American Association of University Women, Farmington Branch, will meet at 7:45 p.m. Wednesday, Oct. 15, at the downtown Farmington Library. FAARSP

The Farmington Area Association of Retired School Personnel will meet for lunch at 11:30 Oct. 14 at The Farmington Hills Beef House in Farmington Hills. Diana St. Clair will discuss "The Psychic World." A business meeting will follow.

LIONS CLUB

The Farmington Area Lions Club meets the first and third Tuesday of each month at the Botsford Inn. Call Carole at 553-4850 or Dick at 476-6257.

BNI

Business Network International Farmington Hills Chapter will hold a regular meeting from 7:30 a.m. Oct. 15 and 22 at the The Grand Cafe in downtown Farmington. The NW Farmington Hills Chapter will meet from 7 a.m. to 8:30 a.m. Oct. 17 and 24 at Kerby's Koney Island at 6 Mile and Newburgh. Call the regional office at (313) 844-3432.

SUPPORT GROUPS

PROSTATE CANCER

The prostate cancer support group will meet at 7 p.m. on the third Monday of each month. This support group provides both encouragement and education about prostate cancer. Call 477-6100.

OVEREATERS

Learn how to take steps toward changing your relationship with food permanently in a comfortable, supportive atmosphere at Botsford General Hospital in Farmington Hills. Sessions are scheduled on a weekly basis. The cost is \$10 per session. Call 477-6100.

DIVORCECARE

DivorceCare divorce recovery seminar and support group meets at 7 p.m. each Tuesday at Forest Park Baptist Church in Farmington Hills. Experts on divorce and recovery topics will be featured guests. Call 476-0080.

OBSESSIVE-COMPULSIVE

Obsessive-Compulsive Disorder is a self-help group for youths and their families that meets from 7-9 p.m. the third Wednesday of each month at Davis

Counseling Center in Farmington Hills. Call Greg at (313) 438-3293.

TINNITUS SUPPORT

Do you have ringing or buzzing noises in your ears that won't leave? If so then please join our free Tinnitus Support Group. We meet from 7-9 p.m. the first Tuesday of each month at Botsford Hospital in the Ziegler building, classroom C. Call Jack at 352-1646.

MULTIPLE MYELOMA

For additional information on the Multiple Myeloma support group call Nancy Howard at 477-6766.

PREGNANT TEENS

Catholic Social Services of Oakland County offers support to pregnant teens with the Teen-Parent Program. The goal of the program is to offer moral and emotional support to pregnant and parenting teens. If you or anyone you know is a pregnant teen contact Sharon Longbucco at 333-3700 ext. 122.

GRIEF AND LOSS

A grief and loss class for anyone who has experienced a significant loss through death, divorce, job changes, etc. will be held every Wednesday from 7-8:30 p.m. at St. John Lutheran Church in Farmington Hills. Call 474-0584.

Learning Disabled Joe's Group is a group for the learning disabled and the educable mentally impaired that is looking for members. The group meets for social and educational activities on Saturday nights. Call Joel Marwell at 476-8741.

WOMEN'S PRIME TIME

Women's Prime Time for women ages 40-60 discusses issues and concerns dealing with mid-life changes. This forum is scheduled from 7-8:30 p.m. the third Thursday of each month, at Botsford Hospital's 3 West Conference Room/3rd floor. Call 477-6100.

The Western Oakland Parkinson Support Group meets 7:30-9 p.m. the second Tuesday of every month at Farmington Hills Baptist Church, 28301 Middlebelt. Call 476-3404, 478-0189 or 474-0003.

MANIC-DEPRESSIVE

The Manic-Depressive and Depressive Associates support group meets 7:30-9 p.m. the first and third Wednesday of each month at Providence Hospital, 47601 Grand River, Novi. Call 386-3825.

CHEMICAL DEPENDENCE

An educational/support group for children ages 4-11 impacted by the effects of chemical dependency is held from 10 a.m. to 2 p.m. Saturdays at the Farmington Area Counseling Center, 23332 Orchard Lake Road. Call Gina Schaffer, 477-6767.

LIFE CARE MINISTRIES

Have a problem? Want to talk?

Call Life Care Ministries at (313) 427-LIFE from 11 a.m. to 11 p.m. Monday-Saturday. There is no charge.

POSTPARTUM DEPRESSION

A postpartum depression group meets at 7:30 p.m. the first and third Tuesday of each month at Providence Hospital in Southfield. Call 737-3612.

MODERATION MANAGEMENT

MM is a free self-help group and nine-step program that provides guidelines for moderate drinking and support to change your drinking habits. Not intended for alcoholics. Meets from 7-8

p.m. every Tuesday night at Universalist Church, 33501 Holsted Road, Farmington Hills. Meetings are anonymous, with no fees. Call (248) 788-8040.

A.I.M.

Agoraphobics in Motion is an organization to help people overcome panic/anxiety attacks. Call (248) 547-0400 for a listing of individual chapters.

PROJECT RACHEL

Project Rachel can help heal the wounds of abortion in a sensitive and confidential 11-week program. All faiths are welcome. Call 1-888-RACHEL5.

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J. David Spencer, D.O., F.A.C.O.O.G.

Obstetrics / Gynecology

Garden City Hospital is pleased to announce the addition of Dr. J. David Spencer to its staff. Dr. Spencer is a graduate of Indiana University and the University of Health Sciences, College of Osteopathic Medicine in Kansas City, MO. Dr. Spencer is a member of the American Osteopathic Association, American College of Osteopathic Obstetricians and Gynecologists and the Michigan Association of Osteopathic Physicians and Surgeons.

Dr. Spencer provides all aspects of women's care and offers a full range of obstetrical and gynecological services, including specialized services such as family planning and gynecologic surgical procedures.

Dr. Spencer's office is located in The Allan Breville Medical Office Building (adjacent to Garden City Hospital) 6255 Inkster Road, Garden City, MI 48135.

New patients are welcome and most insurance are accepted.

For convenient appointments, please call 313 458 3296.

INVENTORY PLUS

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What happens to your money and property when you die?

If you are like most folks, you hold your assets jointly with your spouse. When the surviving spouse dies, your estate must endure the legal process of "probate" before the assets can be distributed to your children. The survivor's will does not avert this process. The procedure takes 12-18 months and can consume 25 percent of the assets in legal fees.

Deeding the assets to your children - jointly or wholly - before death to avoid probate is a no-no since it exposes your children to capital gains taxes far exceeding the cost of probate!

Only a Living Trust avoids both the long, expensive probate procedure and exorbitant capital gains taxes when you die.

However, to perpetuate their lucrative source of income generated by the probate procedure, many attorneys intentionally misrepresent the

Living Trust as being of value only to estates in excess of \$600,000. Others engineer needlessly complex trust documents costing \$1,000 to \$3,000 up front that at death will still require the attorney's high-priced services to unscramble.

In Michigan's most informative and eye-opening Living Trust seminar, the author of the best-selling *Bypassing Michigan's Probate Tollgate* reveals how anyone can set up their own completely legal and foolproof Living Trust in just an afternoon or two; no attorney is needed. More than 5,000 Michiganders have already done so after attending this easy-to-understand workshop.

The workshop is free and without obligation. Husbands and wives are urged to attend together.

The Center for the Avoidance of Probate presents
The Gordon Mead Bennett Living Trust Workshops
Oct. 14-15: Comfort Inn, Livonia, 28728 Rickenbacker, (near Middlebelt & I-96)
Oct. 16: Comfort Inn, Ann Arbor, Carpenter Rd. near Washtenaw
Two workshops each day 2 p.m. & 7 p.m.

Reservations & Information: 800-338-0227

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